



Oprah's Outtasight Salad

Makes 4 (1-cup) servings



Nutrition information per serving:

Calories:	87
Carbohydrate:	15 g
Protein:	3 g
Total Fat:	3 g
Cholesterol:	0 mg
Sodium:	34 mg
Dietary Fiber:	3 g

It's So Easy.

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SALAD INGREDIENTS

- 2 cups salad greens of your choice
- 1 cup chopped vegetables of your choice (tomatoes, cucumbers, carrots, green beans)
- 1 cup fresh orange segments or canned* pineapple chunks, drained
- 1/4 cup Dynamite Dressing
- 2 tablespoons raisins or dried cranberries
- 2 tablespoons chopped nuts, any kind

PREPARATION

1. Put mixed salad greens on a large platter or in a salad bowl.

*Canned fruit packed in 100% fruit juice.

Recipe courtesy of Chef Joseph Orate.

2. In a large bowl, mix chopped vegetables and orange segments. Add dressing and stir. Spoon mixture over salad greens.
3. Top with raisins and nuts. Serve.

DYNAMITE DRESSING INGREDIENTS

- 1/4 cup fruit-flavored nonfat yogurt
- 1 tablespoon orange juice
- 1 1/2 teaspoons white vinegar

DYNAMITE DRESSING PREPARATION

1. In a small bowl, mix all ingredients. Refrigerate until ready to serve.

